

# **Twelve Steps to a Healthy Postpartum**

*Courtesy of Midwife & Doula Services, LLC*

1. Learn about what to expect (normal vs. warning signs)
2. Select your baby's caregiver before birth
3. Find someone to "mother" you in the first weeks
4. Never turn down an offer of help
5. Limit visitors
6. Rest before you start to feel tired
7. Claim this time for your family- ask other people and responsibilities to wait
8. Don't plan a move
9. Make friends with other parents
10. Arrange for childcare early
11. Affirm yourself for all you are doing:
  - ◆ Recovering physically
  - ◆ Adapting emotionally
  - ◆ Meeting your baby's needs
  - ◆ Inviting you baby to fall in love
12. Go easy on yourself when planning ahead does not bring its usual rewards